

Green: Zucchini

Zucchini is named after an Italian word meaning "sweetest." What is sweet is that zucchini contains lutein and zeaxanthin, carotenoids that help protect against cataracts and macular degeneration, which can cause blindness.

Chicken Tetrizzini

- 1 can cream of mushroom soup
- ½ cup milk
- 1 small onion, finely chopped
- ¼ cup grated parmesan cheese
- ¼ cup sour cream
- 1 ½ cup cubed, cooked chicken or turkey
- 1 large zucchini, cut in ½ lengthwise and thinly sliced
- 1 ½ cup hot cooked very thin spaghetti

Cook pasta according to package directions. Meanwhile, mix soup, milk, onion, cheese, and sour cream. Add chicken, zucchini, and spaghetti; toss to coat. Spoon mixture into 1 ½ quart casserole dish. Bake @ 375°F for approximately 30 minutes.

1 cup of chicken tetrizzini provides ½ serving of vegetables

